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INSTRUCTIONS FOR ANESTHESIA

1. We require that a responsible adult escort you home following surgery and have someone with you for 24 hours. If this presents a problem, please let us know so we may help you make arrangements.
2. If you are receiving intravenous (i.v.) sedation for a morning surgery, you should not eat or drink after midnight. If you are receiving intravenous sedation in the afternoon, no solid food should be eaten 6 hours before surgery. You can drink a small amount of clear fluid (water, apple juice) up to 2 hours before surgery.
3. Wear comfortable, loose-fitting clothing with short sleeves. If you wear contact lenses, please leave them out or have the things needed to remove them prior to surgery. Females should not wear jewelry, cosmetics or high heeled shoes. Do not wear nail polish or make up.
4. If you regularly take medication prescribed by your physician, please bring the medication with you (pills, inhalers, ...). All medications should be taken as prescribed unless you are told otherwise (such as high blood pressure medicine). Take tablets or pills with a small sip of water. Diabetics taking insulin are usually advised to take one half of their usual morning dosage prior to a morning surgery. Please ask the doctor for specific instructions.
5. Patients having intravenous anesthesia will require time to recover from the medications after surgery (usually one half to one hour). Please be aware of this in scheduling arrangements for transportation home. Arrange to have the entire day off work, and limit your activity for the rest of the day.
6. Do not drive an automobile or operate any machinery (ie. kitchen appliances, lawn mower, power tools, etc.) for twenty-four hours after surgery. Do not drink alcoholic beverages until at least twenty-four hours after surgery. Do not make important decisions or sign legal documents.